

St Paul's Cathedral
LENTEN LECTURES 2022

Thursdays at 12:15 pm

March 3 - April 7

360 Nicola Street

**MANY VOICES:
STORIES FROM THE HEART**
... What is it like to be you?



The presentations will be in person at St Paul's for those who are vaccinated and masked. If public health rules permit, a light lunch will be served following the presentation.

They will also be live-streamed, on the [St. Paul's Kamloops FaceBook page](#) and be available afterwards on our

website: <https://kamloopsanglicancathedral.com/category/recorded-worship-services/>

Or on our Youtube

Channel: <https://www.youtube.com/channel/UCHZwwNX-On0viPmxwRwEo7Q/videos>

Please forward this to others you know who may be interested!

March 3 - GRAHAM SPECHT (he/him)



Diversity Outreach Coordinator



- understanding diversity, equity vs. equality, and inclusion
- understanding race/racism, and how 'anti-racism' is a bit different
- identifying and responding to racism, active witnessing, online/social media,
 - discrimination, through the lens of human rights
- bias and privilege – what do we do about it (there is an effective quick answer)
- 'People-first' or 'person-centred' language --> i.e. a working answer to discomfort with ever-changing terminology and 'political correctness'

March 10 - CHRISTINE MACK



Christine Mack is from the Nuxalk Nation in Bella Coola, BC (the heart of the Great Bear Rainforest). Before small pox ravaged the area, there were 200 communities, and after smallpox less than 200 people survived. They all came together, and this is how Bella Coola was formed. Resiliency is in Christine's blood. She takes pride in being a strong Nuxalk woman and mother to her five beautiful children. Her children have given her the strength she needed to continue moving forward to pursue her dreams. Christine began her career in health care in 2002. She started as a Resident Care Aide and then furthered her education to become a Licensed Practical Nurse in 2008. She has been an LPN since 2009 and spent all these years working in Dementia Care at various nursing homes in Kamloops, BC.

Christine has plans to further her education and become a Registered Nurse. Having 2 children living with mental illness and losing both her best friends to addictions has made her passionate about mental health and addictions. She is going to pursue that path and plans to work in mental health and/ or addictions after she is completed the Registered Nurse program.

March 17 - UMME MANSOORY



Umme Mansoory is a second generation, Pakistani-Canadian Muslim woman. Umme obtained her Master of Education from the University of Calgary and is a Learning Strategist at Thompson Rivers University. Umme enjoys cooking and spending time with her supportive husband and their two boys.

March 24 - RICKY MARSHALL



Ricky was born in Nova Scotia and left home at the tender age of 12. His journey to becoming a Board Member of Out of the Cold has taken him through many valleys, trials and triumphs . Join him on his journey from youth homelessness, over coming addiction and trauma to becoming a speaker on youth homelessness, a Board member for a shelter and a CAP team member. Finding beauty in the ashes and understanding the journey from homelessness to success.

March 31 - EMILY COOKE



The Rev. Emily Cooke is the minister for Mount Paul and Plura Hills United Churches in Kamloops. She received her Master of Divinity from Emmanuel College of the University of Toronto in 2014 and was ordained by the United Church of Canada in 2016. As a transgender woman, she finds herself in a unique position in the church, ministering and educating on transgender issues. She is married to her husband Christopher and enjoys snowboarding, playing her guitars, and Dungeons & Dragons.

April 7 - LEN FRASER



Rev Canon Len Fraser was ordained in 2010 and has served his ministry in the Territory of the People, serving in St Mary's Lillooet, Grace Church, Prince George and St John's Quesnel before retiring to Kamloops in 2020. He lives in Kamloops with his two dogs, George and Sophie and enjoys spending time with his children and grandchildren.